



Pillar #1: Health & Fitness as a Spiritual Practice

Action Assignment

Assess your personal relationship with God or the Universe. How does it feel to you? Do you feel spiritually fulfilled or do you feel anxious, chronically stressed, or burned out? Realize that there is an inverse relationship that exists here. The more burned out, overly stressed or anxious you become the more disconnected you are spiritually.

This does not make you an “unspiritual person”, it just means that you have got trapped into what I call “21st Century Living”, where it is easy to get caught into the whirlwind of intense hustle, hard work, and ambition...in EXCESSIVE AMOUNTS. None of these things are bad in and of themselves but they can become toxic to our health and our spiritual connection if taken to extremes.

Here are some questions that you can ask yourself to assess your personal relationship with God or the Universe. Place a “1” to the right of the question if you feel like it generally describes your mindset or way of being. Tally up your score and see the scoring guide below.

- Do I feel energetic and alive MOST of the time? _____
- Do I view my health and fitness in correlation to my spiritual health? _____
- Do I find excuses TO exercise and take care of myself despite my busy life? _____
- Do I find joy in exercise? _____
- Do I find joy in eating whole REAL foods? _____
- Do I consider eating a spiritual practice? _____
- Does my body let me know when I neglect exercise, nutrition and self-care? _____
- Do I feel whole and complete when I take care of my health and fitness needs and “off” when I neglect them? _____



Scoring Guide:

4 or less: You have been victimized by 21st Century Living and have lost touch with the fact that health and fitness is a spiritual practice. You need to make changes to rebalance this crucial part of your life and thus regain lasting health and fitness

5-6: You certainly have a sense that health and fitness is a spiritual practice but sometimes let life get in the way of your needs. You need a little fine tuning, but you are certainly on the right path!

7-8: Congratulations, you view health and fitness as a spiritual practice and are likely benefiting from this lifestyle practice. Keep up the great work!

*Coaching Note: If you scored lower than a 7 on the questionnaire then take note of the previous questions that you struggle with and begin to work on them one at a time until the underlying practice becomes second nature to you!

Again, don't feel like you have to tackle all of these at once. Just be sure to FOCUS on one at a time so that you can start to change your personal relationship to health and fitness. Give it time you will start to see health and fitness as a spiritual practice, and it will become second nature to you.